Enter HRV Test Mode — 802

Enter User's Personal Physical Information — 804

Program HRV Beats Per Minute Threshold — 806

Continuously Monitor Heart Rate — 812

HRV Beats Per Minute Threshold Exceeded — 814

Initiate Heart Beat Recorder and HRV Test — 815

Conclude HRV Test and Heart Beat Recorded Stopped — 816

Process Data

Display, Store and/or Transfer HRV Test Results

800

FIG 19